



Liverpool
City Council



**CARERS
TRUST**



Liverpool Carers Centre Activities July - September 2025

**All sessions are held at the Liverpool Carers Centre,
Local Solutions unless stated otherwise.**

**We are offering activities that are face to face at various
locations around Liverpool, online via Zoom and on our
Facebook page.**

To find out how to access our activities or help to get online
please contact us on **0151 705 2308** or email:

healthandwellbeing@localsolutions.org.uk

**Liverpool Carers Centre, 99 Edge Lane
Liverpool L7 2PE**

Please follow us on social media



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Social Community Activities

New Carers Welcome Sessions

Every 2nd Monday of the month 2.30pm - 3.30pm, held in the
Carers Centre
(Except Bank Holidays)



This is an opportunity to find out what support is available for you from our Health and Wellbeing Team. If you are a carer who has not yet used the Carers Centre or have not attended for a while and would like a reminder of our services, then please join us for this informal information session.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Breakfast Hub, Community Living Room



Every Monday drop-in session 9.30am - 12.30pm, held in the
Carers Centre
(Except Bank Holidays)

Enjoy a warm welcome from the Carers Centre Team and watch a film, read a book, or bring a newspaper. A light breakfast will be available.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Dementia Support Group Drop-in 'Care for a Cuppa Session'

Every 1st Monday of the month 1pm - 3pm, held in the Carers Centre
(Except Bank Holidays)



This is a peer led support session for carers who are looking after someone who has dementia.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

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Mental Health Support Group Drop-in

Every 4th Monday of the month 1pm - 3pm, held in the Carers Centre
(Except Bank Holidays)



This is a peer led support session for carers who are looking after someone who has a mental health condition. Come and talk to other carers in a similar boat to you.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Creative Craft Workshops

Every Tuesday 10am - 12noon, held in the Carers Centre



We will be covering different creative skills such as: needle felting, mosaic making, lino printing, decoupage and much more. £3 per session.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

SingMe Merseyside Carers Choir

Every Wednesday 1.30pm - 3.30pm, held in the Carers Centre



You are welcome to join in the fun and have a go at singing with other carers!

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Caveman Coffee & Chat

Every 3rd Thursday of the month 1.30pm - 3.30pm, held face to face



Join Paul for a **male only** coffee and chat in Liverpool. Locations vary. What we will be doing will be advertised each month via email, and on our social media sites.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

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'Care for a Cuppa' Outreach Community Living Room



Come for advice, information, and peer support on your caring role. These sessions are held at various times at the following locations:

- Every Tuesday afternoon, held at **South Liverpool Homes** offices next to Parklands Library across the Morrisons car park, Parklands, Conleach Road, Speke, L24 0TY 1.30pm - 3pm.
- Every 2nd Wednesday of the month, held at **Vikings Landing Pub**, 1 Sugarbrook Drive, Fazakerley, Liverpool, L11 2BD 10am - 12noon.
- Every 4th Wednesday of the month, held in the **Noah's Ark Centre**, Ganworth Road, Speke, Liverpool L24 2SA from 1.30pm - 3.30pm.
- Every Thursday morning, held in **Lister Steps, The Old Library**, Green Lane, Old Swan, Liverpool L13 7EB from 10.30am - 12noon.
- Every 1st Thursday of the month, held in **Lee Valley Millennium Centre**, Belle Vale, Childwall Valley Road, Liverpool L25 2PR from 1.30pm - 3.30pm.
- Every 4th Thursday of the month, held in **Hope Community Church**, Aintree Lane, Old Roan, Aintree, Liverpool L10 2JJ from 1pm - 3pm.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Speke Carers Coffee & Chat 'Care for a Cuppa Session'

Every Tuesday afternoon 1.30pm - 3pm, held at **South Liverpool Homes** next to Parklands Library across the Morrisons car park



Have a break and pop in for a cuppa and biscuits and talk to other carers who are in a similar position to you.

Walk into the main building where the library is, go straight past the Parklands Library on your right and it's straight ahead of you. We'll have posters in the window, so we'll be hard to miss!

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Physical Wellbeing Activities

Yoga 6-Week Course

Every Tuesday afternoon 1.15pm - 2.15pm, held in the Carers Centre

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This is a pre-bookable course of 6 sessions held in the Carers Centre costing £27.
FREE taster sessions are available.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Tai Chi & Qigong 6-Week Course

Every Friday morning 11am - 12noon, held in the Carers Centre



This course explores an exercise form that uses breathing, meditation, and movement to increase energy and enable the body to heal itself.

This is a pre-bookable course of 6 sessions held in the Carers Centre costing £24.
FREE taster sessions are available. If you miss a session, you can access the tutor's online session for free to catch up with the group.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Carers Walks and Picnics in the Park



We do daytime and evening walks at Calderstones Park, Croxteth Park, Otterspool Promenade, Sefton Park and Stanley Park. Suitable for all abilities. Please come prepared in appropriate footwear. These will be advertised via email, on our social media sites. Well behaved dogs on leads are welcome!

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Holistic Therapy 4-Week Course

Every Friday afternoon 1pm - 3pm, held in the Carers Centre



This is a pre-bookable course of 4 sessions held in the Carers Centre costing £40.
 Our holistic therapist will be offering; back, neck and shoulders massage, facial, Indian head massage and reflexology. Each session will last for 30 minutes.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

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Online Activities

Carers Zoom Coffee & Chat

Every 1st Monday of the month 11am - 12noon
Every 3rd Tuesday evening of the month 7pm - 8pm, both held on
Zoom
(Except Bank Holidays)



Join us on Zoom for a social chat. Zoom links will be sent via email.
Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Carers Evening Book Club

Every 1st Monday of the month 7pm - 8pm, held on Zoom



Are you a carer that is only able to access evening activities? Join our book group on Zoom where we look at a different book each month. Discover new authors and share your thoughts on the books you have read.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Training Activities

Staying Safe Online 4-Week Course

Wednesdays 10am - 12noon, held in the Carers Centre



Do you want to know more about staying safe online and how to spot scams?
Are you confused about all the computer jargon being used and aren't sure what it all means?

Do you need help to use your devices or have any other IT issues?
We will be covering these topics and much more. Why not join us for a 4-week course.
It's very informal and refreshments will be provided.

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You can bring your own device or use one of ours.
Each course will be tailored to the needs of the attendees.
Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Stress Reduction 4-Week Course



Come and learn about different ways to reduce your levels of stress in our 4-week course.
We look at how stress affects us and the different techniques we can use to lower our levels of anxiety.

Contact us for dates and to book your place.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Confidential One to One Development Coaching Sessions



If you have a particular issue, a family dynamic or personal barrier that is causing you stress or holding you back, we may be able to help. Through discussion, we can explore your current situation in a safe and confidential space and will support you towards focusing on a way forward.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

First Aid and Manual Handling



We have various courses for First Aid and Manual Handling over the upcoming weeks.
These are both focused on what you may face as a carer and are very informative.
Training sessions will take place at the Carers Centre when available and will be advertised via email, and on our social media sites.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

Liverpool Adult Learning Services
Healthy Eating Workshop 6-Week Course
Wednesday 17th September - Wednesday 22nd October,
9.30am - 12noon



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- Take you through your rights if you are still in paid employment
- Make sure you're getting the right financial support
- Help you to have a break

Please contact our Carers Centre Team: 0151 705 2307 for more information

Life Enhancing Technologies



Are you concerned about the safety of a vulnerable relative, friend, or neighbour?
The lifeline falls monitor package is free on prescription when referred by your GP.

Call for help at the push of a button and be connected to a trained advisor.

Please contact our Life Enhancing Technology Advisor: 07311 345 372 for more information

‘What Next?’

A support group for carers who have been recently attending the Carers Centre and are now no longer in a caring role



We welcome you to join us for 6 months for support into your next step.

We hope this group will help you to gain confidence, form new friendships and access new groups within the community. The group will meet twice a month.

Please contact our Health and Wellbeing Team: 0151 705 2308 for more information

**Find the Liverpool Carers Centre, in the Nugent Care Building,
99 Edge Lane, Liverpool L7 2PE**



Local Solutions Homecare are recruiting, to find out how to access our current vacancies, please contact us on:

07999 106 701 or email: recruitment@localsolutions.org.uk

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WE'RE GROWING & WE'RE RECRUITING CARE ASSISTANTS

If you have the passion to care for people and are looking for a rewarding career, Local Solutions would love to hear from you




BENEFITS INCLUDE:

- £100 when you complete your first 100 hours of paid care
- £250 once you have past your 6 month probation period
- £300 refer a friend scheme once passed 6 month probation

£11.20 - £11.50 per hour

For more information, please contact:
recruitment@localsolutions.org.uk or call Jack Morgan on 07999 106 701

Scan the QR code to visit the Carers Centre website



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